

Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

YOU KNOW YOUR CHILD BEST.

If you are concerned about your child's development, talk to the doctor. If you have concerns about your child's development here is who you can call for further support:

Regional Center

Tri Counties Regional Center

www.tri-counties.org

Santa Maria
805-922-4640

Santa Barbara
805-962-7881

San Luis Obispo
805-543-2833

Simi Valley
805-522-8030

Atascadero
805-461-7402

Oxnard
805-485-3177

Family Resource Center

Rainbow Connection FRC

rainbowconnectionfrc.weebly.com
805-485-9643

Parent Helping Parents

ucp-slo.org
805-543-3277

Alpha Resource Center Santa Barbara

alphasb.org
805-683-2145

Special Education Local Plan Areas (SELPA)

San Luis Obispo SELPA

8005 MORRO RD, ATASCADERO CA 93422
805-782-7301
www.sloselpa.org

Santa Barbara SELPA

401 N FAIRVIEW AVE, GOLETA CA 93117
805-683-1424
www.sbcsepa.org

Ventura County SELPA

5100 ADOLFO RD., CAMARILLO, CA 93012
805-437-1560
www.vcselpa.org

Additional Resources

Help Me Grow Ventura County

805-981-6617
www.helpmegrowvc.org



Centers for Disease
Control and Prevention

www.cdc.gov/ActEarly
1-800-CDC-INFO



Track Your Child's Developmental Milestones

For parents of children from birth to 5 years



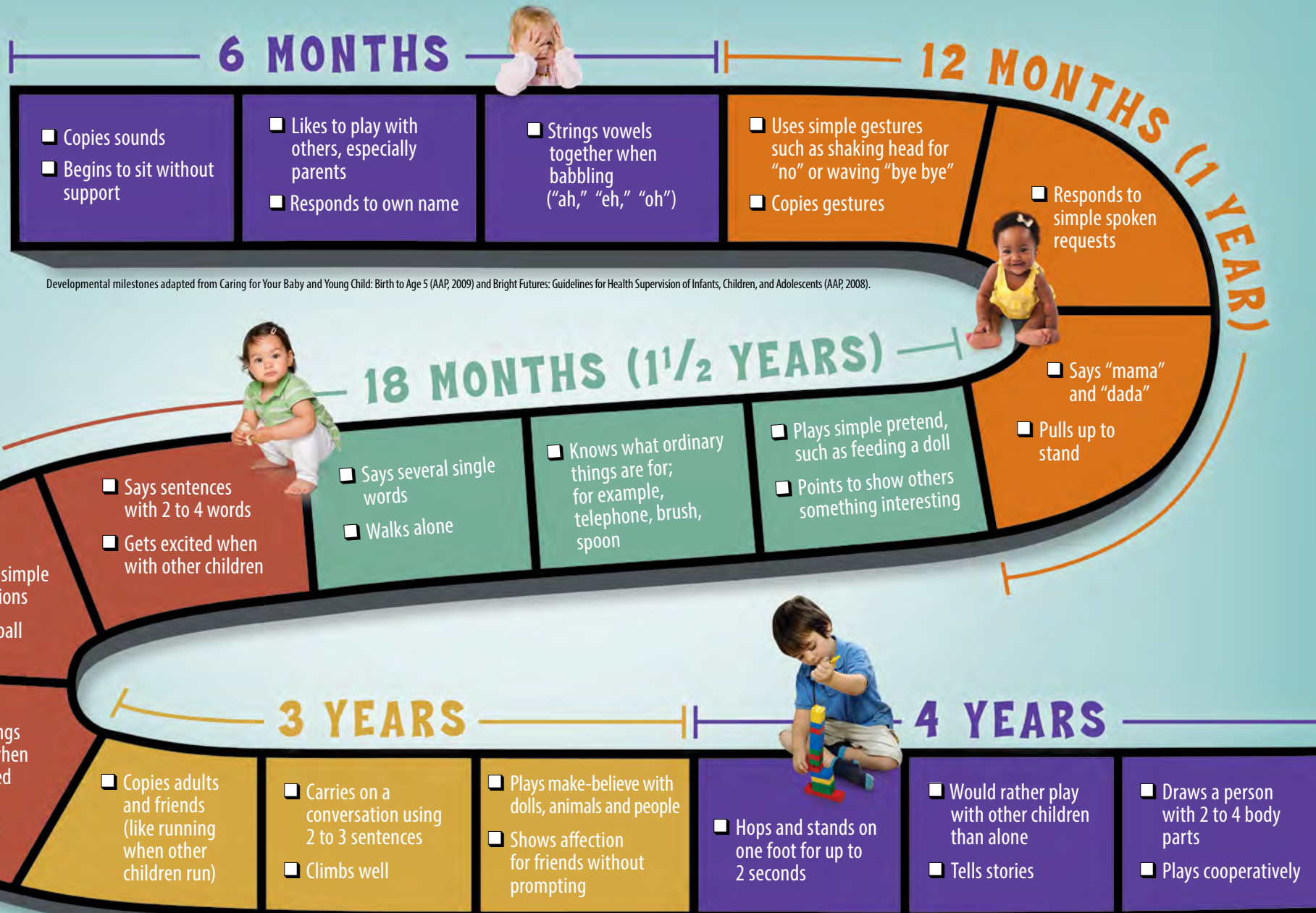
Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

This brochure developed and provided by



Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



These are just a few of many important milestones to look for. For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.